

For more information on these mindfulness activities go to www.barnardos.ie/mindfulness

Mindful Moments

Breathing

- Belly Breathing
- Shape Breathing
- Hot Chocolate Breathing



Touch

- Play Dough
- Finger Tapping
- Mindful Steps



Scent and Taste

- The Nose Knows
- Soothing Hands
- Mindful Eats



Sound

- Mindful Sounds
- Listening Ears
- Audio Visualisations



Body

- Fill Your Bucket
- Gratitude Tree
- All About Me

